

Running backwards: new flexibility in exercising

By Gary Henley
of the Emerald

Running backwards, and not just for the fun of it, can be effective in the rehabilitation of leg, hip and back injuries, said Barry Bates, director of the Biomechanics/Sports medicine Laboratory at the University.

Running backwards as a measure of rehabilitation began more or less by accident, Bates said.

In rehabilitating an injury, runners were looking for a new and better way to regain strength, but at the same time

not aggravate the injury.

Enter running backwards. Bates explained by running backwards, less stress is placed on the heel of the foot (impact with the ground is with the ball of the foot when going backwards, the heel when moving forward), reducing pressure on the ankles, knees and even the lower back.

"Since your upper body remains more upright when you run backwards, there's not as much stress on the lower back area. It keeps the back muscles active and doesn't cause any

further injury," Bates said. "It's also very beneficial for hip problems, since there's less range (movement) in the hips when going backwards."

Bates added running backwards is particularly helpful in post-surgical knee operations.

"In running forwards, the knee gets into a locked position when your foot hits the ground, but going backwards, the knee is more flexed when you touch down."

"It also makes the supporting muscles around the knee contract, and that makes the knee more stable," he said.

"Of course, running backwards can also be used as a training aid. It's not necessarily done just for rehabilitation," Bates said.

"It supplies a different range and motion as a warm-up exercise. It's good for the hamstrings, so it can be used as a substitute for stretching," adding that running backwards also is a good way to cool down after a work out.

Running backwards is done in many sports which often re-

quire back-peddling and side-to-side movement. "Soccer, tennis, basketball — all the court sports use it," Bates said. "Baseball pitchers also do it as a warm-up exercise."

Bates points out running backwards also can be very beneficial to the elderly, people 50-70 years of age. "Sometimes older folks are limited in their forward movement. It gives them exercise and helps their cardiovascular system," he said.

Bates commented there's also people out there who take running backward more seriously.

"The record for running a marathon backwards, I think, is under four hours; for the mile, it's about six minutes; and the record for the 100 is 12.9 seconds, and that's pretty fast."

"There haven't been too many studies done on running backwards, but they say that you're 80 percent as fast going backwards as you are running forwards," he said.

Bates has received nationwide publicity on running backwards, including coverage in publications such as Run-

ner's World, Newsweek, and the current issue of Self magazine.

"Most of the people who I talk with are biomechanists like myself interested in the benefits and neurological possibilities of running backwards (it's been claimed that running backwards can help neurological disorders, particularly in the elderly). Very few of the people are track athletes," he said.

"Rod Dixon (runner) has been doing it for nine years as a training method, and I think (Mary) Slaney does it also. With track athletes, it all started in the early 80s with the running boom fanatics."

There can be health hazards to running backward, however, besides the obvious problem of running into things.

All joking aside, Bates said a major part of running backwards "is finding a good, safe place to do it. Another potential problem is overloading," or too much too soon in the rehabilitation process. "It's important not to overstress yourself," Bates said.

STEREO WORKSHOP
Buy • Sell
Rent • Repair
One Block Off Campus
1621 E. 19th.....344-3212

TAN
10 visits
\$20
Wolff System
air-conditioned
Refreshing
Relaxing
Affordable
SunShower
on campus
485-2323 • 874 E. 13th
Upstairs by Kinko's

THE PIZZA ANSWER
FREE DELIVERY
ONE COUPON
PER PIZZA
EXP. 7/21/87
Phone _____
Name _____

ONLY \$4.75
ANY 12"
1 ITEM PIZZA
Extra Item Only \$1.00
687-8600
1432 Orchard Eugene

UO Bookstore

Film & Photo Processing

★ One Day Service

In by 4 p.m. — back by NOON the next day (C 41)

★ Guaranteed Lowest Prices

We'll match or beat the price of any local photo coupon.

★ Low, Low Film Prices

Stock up for the Holidays.

Film & Photo Processing

12, 24, 36, or Disc Developing & Printing
• C-41 Process: 110, 135, 136, or Disc; slides only
• Standard Size prints
• Glossy prints 5¢ each extra

12 Exp. 2.29	15 Exp. 2.79
24 Exp. 3.99	36 Exp. 5.99

Standard Color Reprints
• From your favorite color negative; one size only
• C-41 Process: 110, 126, 135, & Disc size negatives only
• Glossy prints 5¢ each extra
NO LIMIT **22¢**

Standard Color Prints From Slides
• Standard color prints
• One size slide per order
NO LIMIT **49¢**

Photo Stickers
• Personalized stickers with a self-adhesive backing
• From your favorite color photo or slide
• Each sticker 1 1/2" x 1"
• Two sheets of 16
NO LIMIT **\$10.95**

Duplicate Slides
• 126 or 135 slide size only
• One size slide per order
NO LIMIT **49¢**

20"x30" Color Enlargement
• From your favorite color slide or negative
• C-41 Process: 135 size only
• Matte finish only
NO LIMIT **\$13.99**

20, 24, or 36 Exposure Color Slide Developing
• Kodachrome or Ektachrome
• 110, 126, or 135 size only

20 Exp. \$2.19
24 Exp. \$2.59
36 Exp. \$3.19

Guaranteed lowest price. We'll match any coupon.

Your store since 1920
UO BOOKSTORE
13th & Kincaid
M-F 8:30-5:30
Closed Saturday
686-4331

Hazard Continued from Page 6

Mason agreed with Lewis. He said that a sign in the area would more than likely be torn down and thrown in the river along with other debris there.

Debris in the river under the Autzen Footbridge is another hazard in the area. At least one of the drownings in the area occurred when a man was trapped under the water by a discarded bicycle.

Mason, who has kayaked all over the world, has only lost his paddle twice. Both times were in the rapids under the Autzen Footbridge when his paddle got caught on debris in the water.

Lewis said the reason there is so much debris in the river is that people throw garbage into the river from the footbridge. Because it's not visible to the eye, it gives people the illusion that the river is clear, he said.

Mason called this a dichotomy between appearance and reality. "Students don't have their guard up because they think it isn't dangerous," he said.

Peter Brodtkin, the aquatic director for the YMCA, teaches classes in Eugene on water safety. The YMCA has many classes

on water and boating safety ranging from basic life-saving techniques to a class called "Skippers" for children less than 6 years of age.

"We feel that we should start by educating kids about the danger of the water when they're still young," Brodtkin said.

The YMCA also publishes water safety tips that go into the newspapers of local middle and grade schools. But the high schools and colleges often don't receive this information.

Public education courses focus on three things, Brodtkin

said. The first is personal safety on and in the water, the second is rescue techniques for assisting others in the water, and the third is the importance of life jackets, he said.

"I wouldn't be doing what I'm doing if I didn't believe educating people helps the problem, Brodtkin said. "The material on safety is there, it's just that it's hard to get it out to the public," he said.

"The best time for such a lecture would be during freshman orientation when students first learn about the river," Brodtkin said.

Museum Continued from Page 6

its publication would coincide with the opening of the anniversary exhibit in November of 1986. Budget problems nearly killed the project though.

When the museum did find enough money to complete the book, it had to be produced within three weeks under a \$26,000 budget. Carty and the staff of Visual Arts Resources at the University worked around

the clock as volunteers to make the book available halfway through exhibition last fall.

Carty, who had never before worked on such a book, said she felt astonishment when the AAM gave the museum the award.

"It's going to open people's eyes to what the University of Oregon is capable of in certain respects," Carty said.

My lunch used to consist of a greasy sandwich and a stale beer. Then a friend took me to the HOUSE OF RECORDS. They offer a wide selection of musical delicacies such as this newest entree HEART OVER MIND by Jennifer Rush. So if you're not spending your lunch hour in the best environment, stop by the House of Records at 258 E. 13th. They'll delight your musical taste buds.

JENNIFER RUSH
HEART OVER MIND

STUDENTS

EARN **\$90 AND MORE MONTH**

Donate blood plasma while you're studying. (You can make as many as eight donations every month.) It's safe, easy, healthy. Under medical supervision. Be a regular donor.

NEW DONORS:
\$5 Bonus
with this ad

EUGENE PLASMA
484-2241 • 1071 Olive St.